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SPOKE

A LEARNING NEWSLETTER FOR DOWNTON COLLEGE STUDENTS



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Taking learning to new heights

By MICHAELA BARRICKER

Dowton College has just signed up with Great Lakes Helicopters to offer students the option to get their commercial helicopter license as part of the general arts and sciences aviation program.

"The program is designed so that they're going to come out with the same diploma of the and, if you will, add another aviated Ontario college diploma. The only difference you may see is, in helicopter, there will be one more certificate and there will be more training," said Gordon Gosswein, the chair of environmental and liberal studies at Dowton.

Students who earn the new helicopter option will have the same academic requirements as those in Dowton's environmental and liberal studies program. Training through Great Lakes Helicopters instead of the Waterloo Wellington College.

Helots are located at the Region of Waterloo International Airport.

Students will have to choose their aircraft at the time of admission. Since interest has already been expressed around the helicopter side for the September 2012 start date, despite the lack of advertising due to the lack of options of the program options.



Tom Lepineau, right, president of Great Lakes Helicopters; and Bob Dally, executive director of academic administration at Dowton College, who sits in an R22 helicopter. Standard a new helicopter pilot training option being offered in the general arts and sciences students program at a ceremony April 8.

"There's a vacancy and need for helicopter pilots," said Gosswein. A shortage of helicopter pilots – as they're a less popular occupation than flying a plane – offers a potentially superior field of work than flying a plane – offers a place all over the world, just past Canada. India is looking to hire over 150 helicopter pilots within the next year.

In an economy where good pilots are hard to come by it would be expected that people would be jumping at the potential and future salary that comes from flying a helicopter. Unfortunately, like any job, getting a job, especially a leading one, requires a leading one.

"The issue, of course, comes in the fact that of someone is giving you a \$1 million to \$15-million helicopter to fly

around in the sky, they want you to have some more experience," said Gosswein.

However, who can get the commercial helicopter license will probably spend the first few years in low-priority jobs to gain hours. As most flight schools have to hire new and mostly entry-level experience to gain hours from the regular class, getting the required

hours can prove to be difficult. Dowton students will also be required by the \$10,000 needed to take the helicopter option.

The fixed wing option is \$10,000. The good news is when students graduate from the engineering program, they'll be with a solid diploma in hand for added marketability.

Having that diploma could get Dowton's graduates a step ahead of those who get their commercial helicopter license elsewhere.

Dowton students will where the difference occurs, because there's probably about three or four years of extra work flying in there that's needed before you're ready, says Gosswein. "We're taking one step towards that with this program," said Gosswein.

The program is open to Dowton's students of environmental and liberal studies.

"We're pleased to have it up and running," Gosswein said. "And we're very much hoping that, we get a good number of applicants and a good number apply and are successful, and the need. It's going to be a few years before we see how well it's taken off, if it proves to be a success, and, if it does, it's definitely going to be good for the students and a flying need."

Earth Day encourages us to make a difference

By MICHAELA BARRICKER

When we consider that each person throws away approximately four pounds of garbage every day and uses 14 billion pounds of trash in throw into the trash every year, it's no wonder our Earth is beginning to look dismal.

The results of our carelessness are sobering. The amount of waste and pollution on the planet is enough to last 100 and more years. About 80 million tons of oil produced each year ends up in the ocean and the land.

Through the Earth Day committee our efforts in cleaning up the world, we can take one day to make a better place.

On April 22, people all across the world will celebrate Earth Day – a day dedicated to improving our environment and taking responsibility for it. The Earth

Earth Day was in 1970 and it was chosen to be observed on April 22 as this is the last day of spring in the Northern Hemisphere and the first day of fall in the Southern Hemisphere.

On this particular day, many in a small way, in our own homes, do their part to make a difference. People leave their lights off to prevent energy from being wasted.

Mark Treadly, director of communications of Earth Day Canada, says all efforts done to prevent waste and

"The choices we make in our day-to-day lives after have negative impacts on water, air, land, etc. Our greatest challenge is to create educated, informed citizens that understand the impact of their decisions and actions. We need

to be more "conscious" instead of "conscious" which means we should ask the following questions before participating: "Does this product or service you make do well what you already have, how does your product impact the environment, what is the life cycle of the item?"

According to Lisa Swanson, VP of communications and marketing of Earth Day Network, climate change should be a focus for students and involved with other.

"The vast majority of environmental experts feel climate change exists at a much smaller scale than we need to make reductions in carbon if we are to succeed in," College students

can take the focus on making their campus greener with energy efficient buildings, solar energy, recycling less paper, recycling office supplies

and saving hardly power, again find in the Dowton College students can also focus on having Earth Day activities and an young Earth Day Network," said Swanson.

There are various activities that students can participate in that day, including using electricity, walking or biking instead of driving, eating whole foods rather than packaged, planting a tree or start a garden or even just pick up some litter.

"The key is to start something that others can participate involved. The big point is to play through the theme of the activity and the reduction of the crowd," said Treadly.

In the end the main objective is each person holds from making a positive impact and taking greater responsibility enough to make their efforts to do their best.



Earth Day encourages us to make a difference
The positive effect when a small change in one place can make a large difference anywhere. The same thing applies to Earth Day can small act (such as recycling) can make a world of difference.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you could be any article of clothing, what would it be and why?



"A sweater, because it's warm and cozy."

Andrea Mai,
Safety and Security
Services



"I'd probably be a shirt
because there's so many
different kinds and you
can express yourself in so
many different ways."

Greg Jozef,
first year
Business Services



"I'd probably be a sweater
so I could stay warm."

Jason Headrick,
first year
occupational therapy

Photo: Conestoga College (www.conestoga.ca)

"A backpack, because you
can keep anything in it and
it stays organized."

Katherine Isakides,
second year
Business Marketing



"I'm known to wear shorts
in the freezing cold.
When I do, people will look
over the side, confused.
They'll then turn to me and
say 'You got nothing on, mom,
that's for sure.'"

Thomas Gauthier,
first year
general business



"A skirt, because they're
cool."

Garance Gauthier,
first year
marketing



Photo: Conestoga College (www.conestoga.ca)

Charity hoops game a slam dunk

By SARAH MACKINNON

Players can attend covered in event, including passing and shooting hoops, various family-oriented activities. For Literacy for Youth.

"We wanted to do a project that would be beneficial so we looked up charities and found Literacy for Youth," said Petrone.

Players from fundraising and talents will go to the non-profit charitable organization.

The players on the team must wear youth from the charity, who were happy to play on a college campus. The players were charged \$5 to play, which was given to the writing team.

Maria Petrone, a Conestoga student, has organized, organized and run the successful event.

"We wanted to do a project that would be beneficial so we looked up charities and found Literacy for Youth," said Petrone.

The charity was founded in 1998 and focuses on prevention and intervention for at-risk youth. It's a youth-led organization, emphasizing that others' experiences to youth who are influenced by a single environment and tries to motivate them to make positive decisions.

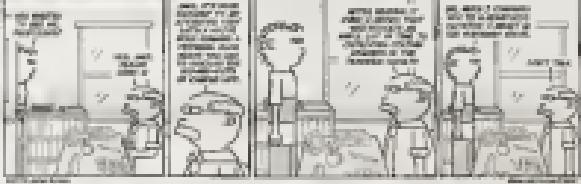
These youth are often at trouble, involved with drugs, gangs or criminal activity.

"The organization runs many different programs and events, such as character development, and leadership activities. For more details visit their website at www.literacyforyouth.ca.

Petrone Dayton Petrone and executive director of Literacy for Youth, and it's mainly because the Conestoga College was helping out. "The proceeds will go toward a scholarship fund and will be given to first year students college students."

"Most of these guys have had college students in their family so it's great for them to be as a college students," Petrone said. "It creates an expectation for me more."

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ISSUE 04/2010

Blueprint of humanity in DNA

By ALICE COOPER

DNA

What a theory of a subject and no doubt you feel like you don't want to read another theoretical words but hear me out. There are some pretty fascinating aspects to it.

We all have it but what is DNA?

Not many of us even understand what these three letters stand for. Deoxyribonucleic acid (DNA) is an entire one of our cells. Every one of our cells is identical to it, skin, hair, blood or valves.

Our DNA is determined when we are conceived. From that moment our cells don't stop dividing. Dividing happens at different rates but they keep at it until our final moment. Cell division is how makes our bodies and our genes. Now this information and stored away with these all the time.

"DNA is our blueprint for life," said Dr. David Boushehri, of the department of biology at the University of Waterloo.

DNA is made up of a double helix and attached to them are four bases. These bases have specific genes. Thymine (T) forms a pair with adenine (A), as well as cytosine (C) forms with guanine (G). In DNA reproduction, one strand of bases will determine what the complementary or new strand, will be.

To remember the function of these pairs we have a saying that goes "A-toms (adenine) are paired, C-ats (cytosine) are paired, G-ats (guanine) are paired, and T-ats (thymine) are paired."

The implications for cancer treatment are called

into question. Rose and colleagues have been working on DNA for 130 years, beginning their studies with plants. The U of W genetics and agricultural program, the Human Genome Project, launched in 1990 and was first planned to take 15 years to identify the more than 30,000 genes in human DNA, and figure out the sequence of the three billion base pairs. All that is wrapped up in just person, or every person.

More recently, the focus has been on the slight variations of these variants. "There are about 3.2 million such as cytosine changes and changes. The latter has presented researchers with especially difficult challenges.

"There is a confounding of differences," Rose admitted. "Cancer is far more complex than other diseases."

That brings us to bypass surgery, gene therapy and the other surrounding the early detection of life.

In July 1996, scientists at the Royal Infirmary, now Edinburgh, successfully cloned a domestic sheep they dubbed Dolly. This created an ethical dilemma.

Now we move on to "play God" and decide what will be, where as before, nature held the reigns.

The implications for cancer treatment are called into question. Rose and

colleagues develop a gene to do this.

Now that technology and science help us determine who will tell all have a physical or mental deficiency or person who is a non-life, will we should we be able to tell the state?

That is a very grey area, Rose continued. "And it holds the possibility to remove diversity in the human race."

One meaning the scientific world can manipulate the human genome to make a genetically taller or have blue eyes that would open up human-controlled evolution.

All that information compiled into one person and the fact that everyone is different and unique, is a family that is losing their breeding value down.

David Boushehri, at the University of Waterloo, which offered the only forensic undergraduate program in Canada at the time, has now for a degree was earned at the University of Manitoba in Brandon. After the one year program had rotated to Ontario.

Some people lose their skin cells at a larger rate than others. We call them shedders.

— Brad Boushehri

The roles of DNA tests are to cross verify human mating partners and paternity. It is used in a forensics laboratory.

For the past six years, Boushehri has been working at Molecular Diagnostics in Waterloo as a forensic biologist, where evidence is tested for traces of DNA.

In a missing person's case, the skin cells that have been seen will have a large deposit of skin cells.

"Some people lose their skin cells at a larger rate than others," Boushehri said. "We call them shedders."

In forensics, skin, you'll get a different officer put it on a car or suspect's hair found in a phone bag, preparing for the lab. Here makes a decent enough DNA sample as long as it has the right amount still attached.

"Any cell from the body can be tested," he said. "The lab will receive evidence from the police and conduct a search for blood, saliva, semen or skin cells."

The first step is a visual



Photo: AP photo/ASSOCIATED PRESS

A researcher prepares a sample of DNA with a human cell of E. coli bacteria. The cell will be placed into a shaking water bath where the genetic material, the double helix of DNA, will be separated from the proteins in the cell.

After a polymerase chain reaction machine (PCR) was invented by Kary Mullis in the early 1980s, making it possible to reproduce billions of DNA strands in just a few hours.

search of the evidence. If a suspect cannot be recognized with the eye, they are taken to a laboratory that reads to body fluids and stains can be identified.

That was the Kortniel-Meyer test, which is a PCR-enzyme linked test.

With a touch, he reads the suspect's blood stain. A few drops each of ethanol and a cleaned, cold, plastic pipette, then, and a few drops of hydrogen peroxide are applied to the sample.

Then an ultraviolet (UV) wavelength is applied to any sample of DNA where the visible parts is proteins (colours) and the in-visible parts with the discovery of human blood, and a blue band.

The pipette solution originally is pink, but is modified for DNA test. The pink turns to a pale yellow in a compliant and accurate process that involves reduction of chemicals and an alkaline solution.

"What makes the pink colour is the oxidation of the pyridinium ring. The base nitrogen is attacking the pyridine ring and is oxidized by chemicals, which makes the test accurate to even the smallest trace of blood."

What makes a negative result?

"It's a negatively matched for blood," Boushehri said. "When blood stains it turns a dark brown colour and becomes slightly watery."

"That's the man in blood," he said.



When a piece of evidence is an investigation given a DNA sample, that sample is uploaded onto the National DNA Data Bank.

"The finger print database is in largely used," says George Perry, head of the Waterloo Regional Police. "That is more than are uploaded, in the near future it will be as large as the finger print data bank."

Eden to trace the history of the human genome, to create one or disease, to match the bad guy or find a missing girl, DNA is the one scientist that Boushehri can call together.

As technology grows, so does our understanding of what we've made up. The more we learn, we are the more we're all the same.

DNA Replication Prior to Cell Division



Diagram of DNA replication at cell division.

The human chromosome is made up of two strands of DNA which together form a puzzle. One side of the strand is coded with four bases (adenine, T, cytosine, G) while the other will be its complementary strand (C). Researchers and the scientific community have only been aware of DNA for 130 years, making new discoveries in the past 60 years. Other diagrams can be viewed at www.genetics.med.yale.edu.

The end is near

But it's a good thing;
the school year is almost over

BY AMY REEDER

The school year is almost at an end, but for most college students, this is the most stressful time of the semester. Essays are approaching, final projects due dates are creeping up and there is never enough time in a day. It becomes a struggle to balance not just the workload, but life.

There is officially less than a week until exams start. That means students must try and schedule periods between exams and class to get some studying done. It can never hurt to never prepare, but remember to take breaks as often as you need them to refresh your mind.

Exercise is a great way to relieve stress, whether it's going for a walk or working out with a friend or someone with out the gym.

Eating properly and getting enough sleep are important too, so be sure to fit in between your late-night study sessions. Most students should try to get seven to eight hours of sleep a night or function optimally. Without enough sleep, your brain won't be able to remember any of the information you're trying to learn, and you'll be doing all of that studying for nothing.

Get prepared with a calm table, you will be able to concentrate and take pride in how much work is done and plan a relaxing evening going to. Having experiences can help you keep stress level down.

As the college year comes to an end, for many, there comes a new beginning. It will be time to start something big but have no experience.

Now with your vocabulary of experience at hand, these students will be entering the workforce and putting their knowledge to good use.

If you are graduating, we hope you enjoyed your year at George, and wish you well in your job search as well as lots of health, wealth and happiness.

The views herein represent the opinions of the author, not necessarily the author.

Letters are welcome

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Stress? What stress?

New drug law benefits consumers

On April 7, the Ontario government began what looks to be a long and ugly battle with the province's pharmaceutical companies.

As part of the budget they released on March 20, they will be raising a \$100-million pharmaceutical revenue to help fund patient services. The administration is paid by the drug manufacturers or pharmaceutical buyers. However, Minister of Health Deb Matthews and the opposition have been pushing going toward buyers in food benefits, to reduce overhead costs and to lower profits.

What this means for Ontarians is that generic drug prices will drop by 24 per cent to 35 per cent of the cost of the original name brand drugs by 30 per cent for those buying drugs through Ontario's public drug system. Ontario will finally be paying a fair price for our drugs, which Americans have been doing all along.

Companies such as Shoppers Drug Mart are warning that the new law will only hurt the consumer as they will have to cut back on hours, employees and



Deb
Matthews
Minister

other services such as customer service. This is just a typical lobbyist scheme to prevent the government in power to do what it needs to do. However, I feel it is crucial the pharmaceutical companies exactly what it says on the books and on the part of information that comes with the medication.

This is a positive step for ward the lower health care cost and consumers. The drug companies put a bad rap for exploiting the consumer but the generic drug companies are far worse. The generic drug companies such as Pfizer spend hundreds of millions of dollars each year on research and development to create groundbreaking drugs that can improve the lives of many people.

The very industry weas is that when a company such as Pfizer is developing a new product, they apply for a

patent which will allow them to have a 20-year monopoly on whatever drug they end up creating. However, this does not mean they actually get to sell the product for 20 years without any competition, because it could take Pfizer the full 20 years to create the new drug. Once the patent expires, the generic drug companies are then allowed to create the same product without having to pay any royalty and develop generic-type drugs. They simply wait for one of the big companies to create the generic.

Once the product has the generic companies are secretly making more money off of the drug than the original companies are. For example, if a cancer drug cost such as Tylenol were to cost \$1, the generic drug would sell for about \$8 to \$10. Although the generic companies do inflate a fair bit, they are equally making more because they have to develop their expenses.

The new laws will put an end to all of this and force drug companies to finally put the right price on patented drugs rather than a big profit.

SPOKE

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OUT!

Rally calls for an end to hate in Waterloo Region

By WILLIAM HEDGES

The opportunity to speak out and stand up against many types of hate and discrimination in Waterloo Region drew about 100 people to Stepping Out! For a Safe, Accessible and Inclusive Community, a rally against homophobia held at the Waterloo Town Square on April 12.

The event was organized in response to a recent incident at a Waterloo restaurant where two men, Gary Keay, 24, and Jason Kirby, 17, were held by Steve Jolley, owner of the Hunter Hotel's Cafe 1822, until he knew they showed proof not to be transgender.

Heath and Kirby describe their first visit, occurring on "a

pink" and "hateful day to be an incident of homophobia, while Jolley not in a public statement posted on Facebook that the couple was engaged in "lewd, grossly obscene, lewd, lewd" that was not appropriate to his family restaurant regardless of sexual orientation.

A Facebook group, *Take Action Against Homophobia in Waterloo Region*, was created to bring awareness to the incident at the Hunter Hotel and the larger issue of discrimination based on sexual orientation in the region. More than 3,000 people have since joined the group where many members quickly began expressing the need to allow people to fully express hate in the community.

Heath, a photography student at Conestoga College,

and Kirby a Waterloo University film and psychology student, received much support and repeated words of support when they addressed the crowd.

■

The reality is we are not yet free to be ourselves, to be open about who we are and to be ourselves reflected in the mirror of our community.

— Deb Gorlick

"We experience homophobia almost everyday," said Heath. "Every time we're together we get cat calls, stares, glares —

people will make comments on their street. People ask us who, who did that happen? Why are you gay? Why are you bi? Why? Because we're gay."

"The reality is we are not yet free to be ourselves, to be open about who we are and to be ourselves reflected in the mirror of our community," said Deb Gorlick, co-chairperson of local LGBTTQ community association, 123 Pride. "We are still terribly invisible. When those of us come out to change to make ourselves visible, we are often confronted with disgust, hate, aggression and even violence. When we speak out about how we are impacted by this, our hurt and violation, we are told to be silent. We don't want to be silent anymore."

"We don't want you to toler-

ate us. I don't want tolerance. I think about it, we tolerate things we don't really like. We want more than tolerance. We want acceptance, equality and the right to be happy who we are."

The event served as the official launch of 123 Pride's year-long spaces campaign that provides inclusive spaces for participating businesses owners that can be displayed in their windows, to indicate they welcome and support the LGBTTQ community.

"When we discuss human rights and human rights pertaining to homophobia, we speak of language, the dollar, family rights, racism, sexism and other areas we need to focus on that discussions with the fact that maintaining and defending human rights is our priority in and a concern



One is in an industry," said Judith Lusk, human rights officer of the Waterloo Region Labour Council.

Amnesty International member andorbatech student Madeline Tolson Chardouly, described the recent attack of vigilantes at the Waterloo mosque as an example of the many different minority groups that feel hatred at the success.

H

My experience
homophobia almost
everyday Every time we're
together, we get cat calls,
stares, glares — people
will make comments
on the street.
— Zoey Heath

We are more than our
labels, said Chardouly. "We
are human beings, vulnerable
no matter what they tell you.
I am here to defend both myself
and minorities. I am here for
tolerance and the perspectives
they can bring. We not only talk
about differences, but accept
and承认 differences and understand
them very differently. We are
the many parts of an individual's
spirit."

The event culminated by those who had rallied in the square breaking into two groups and marching down the sidewalks on King Street or the Waterloo Hatch for a kiss in front of Duke 2442.

"Where's attorney?" asked organizer Torre Chardouly with the aid of a megaphone.

"There is no human against the Hatchet Hotel," said Chardouly. "These individuals have chosen to boycott the Hatchet. It just got so bad because they don't feel safe in a public square that are up to the individual. I would certainly do not advocate the creating of laws since if anything would then they probably become a law."

Michael Rangham, Hatchet's manager, did not believe Hatchet and Kelly's display of affection on the radio could have been grounds for his described hatch support to "very private and confidential info."

"(Hatchet) has always been someone who stands up for what she believes in," said Rangham.

"The event did better than we ever expected," said Hatchet, who has been encouraging her to stand up and speak publicly about what happened in the radio. "It was so powerful when we first made, last week 200 entries."



Above: Brandon Clinton, a Waterloo Collegiate Institute student, and Jordan G, a University of Waterloo student, showed their support of the event by displaying a homemade sign while listening to the many speakers at Waterloo Town Square.

Right: Event organizers Torre Chardouly and Jeni Therrien have their picture taken with other supporters and community members during a "Kiss In" in front of the Waterloo Hatch. The idea for the event originated from the Young Adults Against Homophobia in Waterloo Region Facebook page, which was started after the initial kiss between Zoey Heath, 24, and her girlfriend, Jenny Kelly, 27.

Left: Hatch and Kirby Young (not pictured) as the creators of a debate over homophobia in the community while visiting a kiss at Duke 2442 in the Waterloo Hatch in Waterloo.



H

We don't want you to tolerate us, I don't want tolerance. Think about it: we tolerate things we don't really like. We want more than tolerance. We want inclusion, visibility and the right to celebrate who we are.

— Deb Gellinick



Derby girls demolish competition in season opener

By NICK BAKER

The Tri-City Roller Girls certainly knew how to let loose during Cincinnati's own Derby Derby. On April 13, The Vienna Dames club hosted The Vienna Fly Tramps by a score of 107 to 52 in the season opener of the local roller derby league.

Roller derby is played on four 20-metric wheels on a flat track. Skaters wear traditional speed-style roller skates and not the more modern inline skates.

Each team sends out five skaters, three blockers, one pivot and one jammer. The blockers and pivots have a pack and set off once the referee blows his whistle. As soon as the pack reaches the start line the referee blows another whistle and the jammer try and move to the front of the pack. Meaning a jam has started. Jammer wears a helmet cover with a star over their helmet. For every blocker and pivot the jammer passes they get a point. The first jammer who passes the entire pack is lead jammer and has the right to end the jam faster than the two jammer they surpass.

Jammers have the ability to pass their fastest move to pivots making the jammer a blocker. Blockers and pivots can impede the movement of a jammer by packing and shoving them with their arms and legs. The use of hands, hips and legs is not allowed. These sorts of rolls, twists or illegal moves result in a



In roller derby, what one player fails, generally, a few others go down with her.

penalty, pushing or blocking over results in a dog in the penalty box.

Roller derby is starting to catch a bit all the time from the local rinks going to charity. In the case of the match, all the money went to the Make-A-Wish Foundation.

The Vienna Dames were undefeated last season, the second season ever for the Tri-City Roller Girls. Wanting them to play The Vienna Fly Tramps, it is not known exactly why. By the end of the night they were undefeated at 107.

The match was held at the New Boundary Arena and there were the

crowds. Rolling in the stands were, which is the case just outside the perimeter of the track, with her mother and a family friend was 80-year-old Alice McConnell. She announced she would lead for The Vienna Fly Tramps and is looking forward to the day when she is old enough to try out for the Tri-City Roller Girls.

Grace Gardner is in her second season with The Vienna Dames. She is number 99 and plays both blocker and pivot. Her real name is Shellyn Boyett and she is the first female to play in Cincinnati's world-making technology

SPOTLIGHT

She picked her roller name because she is a fan of Bruce Lee and is "kind of a weirdo but cool." Her number is the Wisconsin police code for a hot dog. One of the most memorable games of the night involved Grace Gardner. Late in the first half she got the Vienna Fly Tramps' Gold Block Series with a powerful hip check that sent her sprawling. It also sent Grace into the air in her helmeted referee. There's a time delay to call her out as Red. "I just lay through the second half," Vienna Fly Tramps said her friend off the track. After the match she said that her left leg had "crumpled." Gardner said she was eager to get to the Champs in Wisconsin to celebrate the season's opener with both teams.

Expect to see Bruce Lee and the Vienna Dames in another undefeated season, as the try to three previous according to Grace. "We train hard and we're strong," Grace said. "Everyone should come get information."

The next bout is a double header with The Vienna Dames and Vienna Fly Tramps each taking on a team from Toronto at the Arctic Spectrums in Rockford on May 8-9. April 13 and under age 16 for free. Tickets can be purchased in advance at www.rinktix.com or at the door. Other rinktix are located at the league's website and at their Facebook, MySpace and Twitter pages.

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PLEASE MISS, CAN I HAVE SOME ICE CREAM?



Photo by FREDDIE CARTER

With the winter warming up, ice cream is back on everyone's mind. The Bant House in Guelph is bustling again with families heading in to satisfy their sweet tooth.

COUNSELLOR'S CORNER: Graduation

For many of you, the end of this semester represents the end of your current studies at Conestoga College. You may be ready to begin a new career or ongoing studies. You may be planning to move to a new city or to travel. The transition will be a welcome relief from studying, projects, late nights, and too-short days.

You should feel proud of your accomplishments. You have reached a goal that seemed so far away when you began. Sometimes, you may experience anxiety or doubts. The life you have known is about to change and you aren't exactly sure what the next part of your life will look like. There may be sadness as you leave behind friendships and support systems. You might miss teachers who have been mentors to you. If you remember back to your first semester here, you may have had many of these same feelings, but with time you developed new relationships and opened up to new experiences.

So, as you graduate, take away the gifts of a College certificate, diploma, or degree, new skills, and confidence in your achievements.

Congratulations!



Counselling Services, 1A101



Photo by FREDDIE CARTER

As I drive past this spot on Blair Road every morning on my way to school I am reminded of the time I used to tell myself by driving off the road

Get help

By FREDDIE CARTER

My second and final year at Conestoga College is almost done. It has been the longest two years of my life. May 8 will mark the two year anniversary of when my world was completely flipped upside down.

One evening, I was poor and low on play money, so I decided to go to the mall. Just past before my 21st birthday, the doorman dropped a bombshell on me.

"You have leukemia, never. We know it's genetic." These eight words shook the foundations of my life. I always thought there may have been something wrong down there, but I was so numb that not knowing was better than knowing.

The doctor also had more bad news. I would be unable to father children in the future. While this would be good news for most guys, I had always looked forward to having children of my own, so this was a tough pill to swallow.

These issues in my life, along with a night on the town, and I was soon home. I spread the disaster in pain, having trouble to do the things that I loved to do. When my first semester started in September, I was still coping with the news.

Because of the surgery, I was now being monitored by several doctors. I also needed to get regular chemotherapy treatments just to remain "normal." Not getting these treatments would mean severe damage and loss of bone density and muscle mass. Regular CT scans followed, as well as trips to the emergency in Hamilton.

These CT scans forced a pause in my third semester a year after my initial surgery. Another semester, and then more nights in the hospital

later, and now I only have half of my thyroid left.

By this point, many people were noticing that I had put on a lot of weight. One who the body that had helped me in a competition in sports such as lacrosse and hockey. When I had gone, I was a healthy member of what I used to be. I had put on 70 pounds and was extremely heavy and beginning to feel bad about myself. I looked fat. Definitely not the kind of thing you want to hear.

Because of all of this, I became severely depressed. Feeling like I had no one to talk to, no one who would understand. I just kept it bottled up, and would put on a happy front to please my classmates, teachers, family and friends.

Two months ago, that happy front I tried to do the unthinkable. I tried to kill myself by overdoing my one. And while the one and I were called 49 metres off the road (narrowly missing the trees), I walked away unharmed. My mom's in luck. In fact, I called my parents to come get me, and to get me the help I needed.

Today I am better, having gotten help. I am attending counseling once a week up through my doctor's office, and I have opened up to my friends and family, letting them know what I have been holding up. I employ anyone else who is feeling depressed to talk to someone about it, whether it's professional or not, it will help. **REMEMBER** we are there for you help you through your problems.

As I write this something my counselor said would be a good thing to do, I am preparing to go to a sleepover to determine whether I have sleep apnea. My fingers are crossed. That I look fit a year without a major medical problem.



HOROSCOPE

Read of April 16, 2001



Aries
March 21 - April 19

At some point this week, someone will steal your car keys again. This is because your room is full of averages.



Libra
September 23 - October 22

On Wednesday Johnny Knuckles will come into your place of business and squat. Just pass on your eye. Smile for the camera.



Scorpio
October 23 - November 21

On Tuesday you and your friends will decide to go shopping. Christopher Melton arrives on your doorstep. This is a bad idea.



Sagittarius
November 22 - December 21

On Friday you will blow your nose so hard that one of your nostrils will take out of your face. You should get it at least a minute.



Capricorn
December 22 - January 19

At some point during the week you will wake up to find that someone is looking in through your window. Thankfully it is a good quality Dyson vacuum.



Aquarius
January 20 - February 18

On Sunday you will find that your car has been covered in scratches. Your roommates are mad at you for being messy in the shower.



Pisces
February 19 - March 20

On Thursday you will find a burglar in your house. Do not get too disturbed. The burglar is actually a robot built to spy on you.

Co-op award winners announced

Three students and one employer honoured at ceremony

By GLENNA BROWN

Three local work has finally paid off. March 23-25 was Memorial Co-op Week, which recognized the value and importance of co-operative education at Canada's colleges and universities.

Langara College recognized the occasion by naming the recipients of the Co-op of the Year awards and Co-op Employer of the Year award. The award ceremony was held on March 24 at

Langara's Burnaby campus. The awards recognized co-op students who worked hard and showed dedication throughout their term.

The winners of the year's awards are Lori Beth Preiss from the School of Business, Jen May from the School of Engineering and Information Technology and Marissa Stevens from the School of Health and Life Sciences and Community Services.

All the winners received a commemorative certificate

and \$500.

The employer of the year went to Chevrie Diesel Systems Inc. of Burnaby.

The award acknowledges the support and encouragement that employers give students and also the high quality of professionalism that co-op employees and supervisors display.

Langara currently has 40 different co-op programs that allow students to work in their chosen field, gaining valuable work experience.

Be the difference. RESPECT

RESPECT CAMPAIGN STUDENT COMMITTEE LEADERS WOULD LIKE TO WISH YOU GOOD LUCK ON YOUR EXAMS AND TO HAVE A GREAT SUMMER!

THANK YOU DAY

LOOK OUT FOR OUR COMMITTEE LEADERS AROUND CAMPUS AS THEY SHARE THEIR OWN WAYS TO SAY TO YOU...

THANK YOU FOR BEING THE DIFFERENCE

WEDNESDAY APRIL 21

Student Life



Nick Dasko is a second-year journalism student who makes these up for your amusement.



PHOTO BY KAREN SCHAFFNER

The Cinnaminson High School athletic banquet was held April 8 at the Knights of Columbus Council in Hightstown. Above, athletic co-captains Marlene Paul, left, and Paul Dohrmann, director of recreation and athletics, right, stand with the female athlete of the year, Jocelyn Loder, and the male athlete of the year, Michael Dohrmann.

Condors receive accolades, appreciation

By KAREN SCHAFFNER

A few of Cinnaminson's athletic programs didn't find the year column too often this year but it doesn't mean they did not have a good year in the process.

"We couldn't have been 8-7 without you," said rugby coach Jeff Dohrmann after accepting Kyle O'Neill, the team's most valuable player award and bearing a quiet laugh.

The Cinnaminson Condors all-star banquet was a mix of crowning achievements and walking away defeated. The common theme was that being an athlete at Cinnaminson is an enjoyable experience.

"It was a dream to have the year end and Jocelyn Loder Cinnaminson female athlete of the year."

"It was something I wanted to school for and it would have been brutal not to."

Loder was apparently having such a good time playing tennis's senior year she agreed to double duty and join the basketball team. After a successful season on both sides she was awarded both singles player of the year and doubles player of the year award, she was the year's most valuable player award after helping the team reach the NJSIAA Final Four.

Stone Dohrmann played one year for Cinnaminson's men's

rowing and ended up as the most valuable player for both teams. The keeper of the Condors' program Condors definitely did his part in the team's journey to the NJSIAA Final and was named male athlete of the year.

"It has been an unbelievable year," said Dohrmann after winning the award and carrying his team-mates trophys. "I came in with no expectations. It was a new coach and a whole new team and it is kind of surreal."

Dohrmann describes the Cinnaminson Condors team this year as one world apart.

"It's what kept me going in high school and it's what kept the group in college. It's what drives us."

AWARDS

- Women's Volleyball
Coaches Award: April Cross
MVP: Marlene Paul
- Male Volleyball
Coaches Award: Kyle Dohrmann, Jeff Dohrmann
MVP: Matt Dohrmann
- Badminton
Coaches Award: Dave Wagner
MVP: Than Nguyen
- Cross Country Running
Coaches Award: Head Coach: Jordan Scott
MVP: Jason Smith
- Football
Coaches Award: Jerome Dohrmann
MVP: Louis Kuehne
- Rugby
Coaches Award: Nick Shredder

- Women's Soccer
Coaches Award: Kim Scarsella
MVP: Jennifer Correa
- Women's Indoor Soccer
Coaches Award: Debbie Corcoran
- Men's Indoor Soccer
Coaches Award: Jordan Taylor
- NJSIAA District
MVP: Shana Dohrmann
- Men's Indoor Soccer
Coaches Award: James McElroy
- NJSIAA District
MVP: Jocelyn Loder
- Female Athlete of the Year:
Jocelyn Loder
- Male Athlete of the Year:
Stone Dohrmann

Athletes' transgressions forgotten in victory



Jennifer Correa
Soccer

Tiger Woods' personal back was the PGA tour at the Masters Golf Tournament on April 9 with his best score ever for a first day at the Augusta National Golf Club in Georgia. Fans cheered 30 deep when Woods started his round so they apparently had few all-fairway round here.

I was very surprised to see the fans react so Woods' return to golf after his car crash this Friday before Thanksgiving that led to the exposure of mass gambling, sex addictions, alcohol and a marriage on the rocks. Would the fans welcome him back to golf in shorts and too fast?

There was a lot of the same and more of the same. Woods performed his charm tactics but pump to standing ovations from his and the two on the line. However, the good feelings were a bit tainted by a plane flying banners reading - "Tiger did you know he's gay?" an reference to his (faint) response before, and "Sex addict?" York Right, Face the Truth?

I guess most sports fans can be forgiving when it comes to scandals involving their heroes. Perhaps we realize that we are witness to greatness, consider that not everyone is perfect and are willing to give second chances when the star seems to be making an effort to make amends.

I also wonder if the Tiger Woods sex scandal will become ancient and forgotten soon as he moves on and wins and wins and wins. The drug scandal surrounding the Lillehammer Olympic short jumping champion, certainly seems to have faded into the past.

Lorraine was honored from the 1976 Olympic Games in Atlanta and again from Sydney, Australia in 2000. Both times for canoeing. However, I've managed to have the Australian ticket to compete again again.

At the Beijing Olympics in 2008, Lorraine was the only woman gold and silver helped lead the Canadian to seven medals. The celebration on the podium was a community shared little reminder of the failed drug test. We were just happy to win the bronze.

We just celebrated up and a good job and expect them to be perfect, but then a scandal comes and we question whether they should be role models or not.

Imagine little Johnny say my mom when I grow up I want to be successful, free with and sex drugs, get caught, apologize then win an Olympic gold?

Not exactly what a parent wants to hear.

In a way I'm glad that we can recognize that celebrities are people too and we should make mistakes. But I think we should be a bit more cautious with our heroes. Not only because it when the celebrated brings glory to our country or because they are particularly gifted.

A celebrity would never admit, a Tiger Wood, but only to his inexperience and in golf!



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